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The image shows an email viewed in a mobile browser for a “Mr. Health & Fitness” style online contest profile page.[1]

Key elements visible:

- A header logo reading “MR. HEALTH & FITNESS.”[1]
- The contestant name “CagLar Jusn Singletary” followed by a brief bio stating he is a blackbelt in Kenpo and an avid bodybuilder who uses the King James Version.[1]
- A large “SHARE” button, suggesting this is a voting/contest promotion link.[1]
- A physique photo of the contestant posing in a room, wearing posing trunks.[1]
- Text under the photo reading “Currently 1st IN THEIR GROUP” and mentioning a chance to be featured in Muscle & Fitness and win $20k, plus a note that “The first cut is on Thu February 5th at 7PM PST.”[1]

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So this is a Bodybuilding Competition

It is a physique-based **fitness** contest run online, not a traditional judged-on-stage bodybuilding show.[2][3][4][5][6]

What this contest is

- It is the “Mr. Health & Fitness” online competition, where entrants submit photos and profiles and advance through rounds by public voting.[4][6][2]
- Winners get featured in Muscle & Fitness (usually a multi-page spread) and receive a cash prize of about $20k, which matches the text in your screenshot.[3][5]

How it differs from standard bodybuilding shows

- Progression is determined mainly by online votes (with free daily votes plus optional paid votes that benefit a charity), not by a panel of bodybuilding judges assessing symmetry, conditioning, posing, etc.[2][4]
- There are no required on-stage rounds or federations like NPC/IFBB; it is more of a popularity-plus-physique contest branded around health and fitness lifestyle.[6][4][2]

What it still offers

- It can work as social proof, a marketing opportunity, and a way to showcase your physique and story to a broad audience, especially if you already coach or train clients.[5][7][3]
- The main strategy is building supporter engagement (getting people to vote consistently), rather than peaking for a single day of stage judging.[7][4][2]

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Yes—but it is an **online fitness/physique contest** decided mostly by voting, not a traditional federated bodybuilding show with judges and mandatory poses.[13][14][15][16]

What that means for you

- You still need a solid physique and good photos, because people vote based on how you look and the story you present.[14][13]
- There is no weigh-in, no on-stage round, and no standard NPC/IFBB-style judging criteria like symmetry scoring or mandatory pose rounds.[17][13]
- Progress is based on daily online votes (with optional paid “donation” votes), so promotion, networking, and social media engagement matter as much as conditioning.[15][16][13][14]

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How are winners selected in Mr Health & Fitness competitions

What are eligibility rules for entering the contest
How is the voting process for the public vote conducted

Here’s how it works, in plain terms.

How winners are selected

- The organizers first review all entries and **hand-select** which applicants become official competitors; not everyone who applies is accepted.[24][25]
- Competitors are placed into groups and go through multiple online voting rounds, with the people getting the most “qualifying votes” in each round advancing.[26][24]
- The overall winner is the competitor who finishes the final round with the highest number of valid votes, subject to passing background checks and complying with the rules.[27][24]

Eligibility rules to enter

- You must submit an online entry form with required personal info and at least one photo where you are clearly the subject; only one entry per person is allowed.[24]
- Officers, employees, or immediate family of the operating company, its parent companies, and the partnered charity are not allowed to compete or vote.[24]
- Anyone who has already been the Mr. Health & Fitness grand-prize winner within the past 24 months is not allowed to enter again.[24]

How the public voting works

- Voting runs in rounds; anyone can create an account and cast free votes, typically limited to a certain number per competitor per 24-hour period.[25][28][24]
- Supporters can also buy additional votes with donations, which raise money for the featured charity (recently The Andrew McDonough B+ Foundation).[29][25]
- Automated or “bot” voting, deceptive promotions, or unsportsmanlike behavior can lead to votes being thrown out or a competitor being disqualified.[24]

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What prizes do winners receive in Mr Health & Fitness

How are finalists chosen before public voting rounds
What are the exact age and residency eligibility requirements for entry

Here’s what the official rules and recent announcements say.

Prizes for winners

- The grand prize winner receives 20,000 dollars in cash plus a multi-page feature in Muscle & Fitness magazine, including a dedicated photo shoot arranged and paid for by the organizers.[35][36][37]
- The winner also gets national exposure as a health-and-fitness ambassador on the competition’s website and social channels, with travel for the shoot provided for the winner and one guest if needed.[38][35]

How finalists are chosen

- First, anyone can submit an online entry with their info and photos; then the organizers review entries and decide which applicants become official competitors.[35][38]
- Those selected are placed into groups and go through a sequence of public voting rounds, and competitors with the highest number of qualifying votes in each round advance until a final group remains; the overall winner is the one with the most votes in the final round, subject to passing background checks.[39][35]

Age and residency requirements

- You must be at least 18 years old by the time you enter (eighteen is the minimum eligible entry age).[35]
- You must be a legal resident of the United States or Canada, but residents of Quebec are not eligible to enter.[35]

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How many votes determine the final winner

What prizes do runners up receive
Is voting limited to one vote per day per person in each round

The rules do not give a fixed vote number; the winner is simply the person with the **highest** number of valid votes at the end of the final round.[46]

Runners-up (other finalists who do not win) generally do not have a specified cash or publication prize in the official rules; only the grand-prize package (cash plus magazine feature) is guaranteed, though the organizer may run occasional side promotions with smaller prizes at its discretion.[46]

Public voting is not limited to a strict single vote per day: each registered person gets a small number of free votes every 24 hours (often 1–2) and may also purchase additional “donation votes,” so one supporter can legally cast many votes in a day if they pay for extras.[47][46]

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How are votes verified for eligibility

What are the competition's tie-breaking rules
Are automated or bulk votes disqualified and how detected

Votes are checked against the rules, and anything that looks fake or unfair can be thrown out, with offending accounts banned.[56]

How votes are verified

- A person must create an account and is verified (often via Facebook or similar) before their free daily vote is counted as a “qualifying vote.”[56]

- Donation votes require valid payment, and only people 18+ can purchase them; votes that do not meet these requirements are not “qualifying votes.”[56]

Tie-breaking rules

- If competitors are tied in any voting round, the organizers advance the one whose profile has more views.[56]
- If a potential overall winner fails background checks or required paperwork, organizers may disqualify them and award the prize to an alternate with the next-highest qualifying votes.[56]

Automated or bulk votes

- Bot, robotic, or automated voting is explicitly not allowed; such votes are not counted if discovered.[56]
- When suspicious voting is detected, the competition can ban the individual, their IP address, email, and/or phone number, and can also disqualify any competitor who is suspected of encouraging or benefiting from this activity.[56]

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